



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

With more time cooking at home and the desire to eat better to stay healthy, simple but nutritious meals are a must. The variety and simplicity of bowl meals are a perfect fit. Start with a whole grain like quinoa, and top it with any variety of flavors you prefer. Pack the bowl with 2-3 types of veggies, nuts or seeds, diced fresh or dried fruits, plus a serving of protein (beans, fish, lean meats, or an egg).



Whether you prep a large quantity in advance from the dried grain, or you start with prepared ready-to-heat product, quinoa packs a nutrient-dense punch. Quinoa is naturally gluten-free with a good source of protein and fiber, plus phytochemicals that fight inflammation.

Enjoy some variety with sweet or savory combinations for any meal or snack. Replace your Chinese take-out with a "stir-fried" quinoa bowl.

Shrimp Fried Quinoa Bowl for One



Directions:

- 1. Quinoa:** Heat 1 prepared quinoa bowl, as label directs.
- 2. Peas & Carrots:** Cook 1/2 cup frozen peas and carrots in microwave oven as label directs.
- 3. Salad Shrimp:** Heat large skillet over medium-high heat; spray with cooking spray. Add 1/4 cup thawed cooked salad shrimp and cooked quinoa; cook 3 minutes or until heated through, stirring occasionally.
- 4. Soy Sauce:** Add 1 tsp. less-sodium soy sauce, 1/8 teaspoon garlic powder and pinch of salt and pepper to skillet; cook 1 minute, stirring occasionally. Fold peas and carrots into skillet; cook 1 minute or until heated through, stirring occasionally.
- 5. Eggs:** Heat large nonstick skillet over medium-high heat; spray with cooking spray. Add 1 large egg to skillet; cook 3 minutes or to desired doneness. Top the quinoa mixture with egg and garnish with thinly sliced green onions and/or sesame seeds, if desired.



Recipe adapted from InSeasonzine.com.